

# Panasonic®

## Operating Instructions Instrucciones de Uso

### Upper Arm Blood Pressure Monitor Monitor de presión arterial de brazo

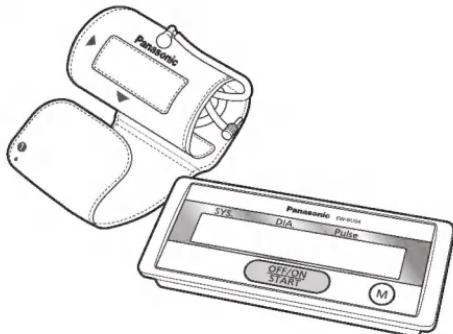
Model No./Nº de Modelo EW-BU04

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|---------|----|
| English | 1  |
| Español | S1 |



Before operating this device, please read these instructions completely and save this manual for future use.

Antes de utilizar este dispositivo, lea completamente estas instrucciones y conserve este manual para futura referencia.

Panasonic Oscillometric Automatic Arm Blood Pressure Monitor Model EW-BU04 is a device intended to measure systolic and diastolic blood pressure and pulse rate of an adult individual by using a pressurized cuff on the arm. The device is not intended for use on neonatal, infants and children. The device is designed for home use only, not for ambulatory measurement (measurement recorded continuously during the day).

Specifications of this device are listed in page 21.

Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Manual, Electronic or automated sphygmomanometers.

If you suffer from disorder of heart rhythm, known as arrhythmia only use this blood pressure monitor in consultation with your doctor. In certain cases oscillometric measurement method can produce incorrect readings.

Flashing System for hypertensive readings are based on blood pressure values classified in the paper: "JNC 7 Express; The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure; U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES; National Institute of Health; National Heart, Lung, and Blood Institute; National High Blood Pressure Education Program; NIH Publication No. 03-5233; May 2003." The display values are generally known, but not proven, to be an indicator of your blood pressure.

The EW-BU04 is not intended to be used as a diagnostic device. Contact your physician if prehypertensive or hypertensive values are indicated.

# Table of Contents

|  |    |
|--|----|
| Introduction.....  | 3  |
| Basics of Blood Pressure .....   | 3  |
| Important Instructions Before Use.....   | 3  |
| Precautions to Ensure Safe, Reliable Operation .....                             | 5  |
| Easily Check Your Blood Pressure Readings Against the JNC 7 Classification ..... | 6  |
| Parts Identification.....  | 7  |
| Inserting Batteries .....  | 8  |
| When Using the AC Adapter .....  | 8  |
| Positioning the Cuff and Your Arm .....  | 9  |
| Taking a Reading.....  | 11 |
| Storing Measurement Values.....  | 13 |
| Recalling Stored Measurement Values.....   | 14 |
| About Each Mark .....  | 15 |
| After Use.....   | 16 |
| Q & A.....   | 17 |
| Caring for the Appliance .....   | 19 |
| Troubleshooting .....  | 20 |
| Specifications .....   | 21 |
| Explanation of Rating Plate Symbols .....  | 22 |
| FCC Statement.....   | 22 |

# ■ Introduction

Thank you for purchasing the Panasonic Automatic Arm Blood Pressure Monitor EW-BU04.

Measuring your own blood pressure is an important way of monitoring your health. High blood pressure (hypertension) is a major health problem which can be treated effectively once detected. Measuring your blood pressure between doctor visits on a regular basis in the comfort of your home, and keeping a record of the measurements, will help you monitor any significant changes in your blood pressure. Keeping an accurate record of your blood pressure will help your doctor diagnose and possibly prevent any health problems in the future.

## ■ Basics of Blood Pressure

Your heart acts like a pump, sending blood surging through your blood vessels each time it contracts. Blood pressure is the pressure exerted by blood pumped from the heart on the walls of blood vessels. Systolic pressure is the pressure exerted when the heart contracts and pumps blood into the arteries. Diastolic pressure is the pressure exerted when the heart expands, or relaxes. When you or your doctor take your blood pressure, both your systolic and diastolic pressures are measured. If your blood pressure measurement is 120 mmHg over 80 mmHg (120/80), for example, your systolic pressure is 120 mmHg while your diastolic pressure is 80 mmHg.

## ■ Important Instructions Before Use

1. Do not confuse self-monitoring with self-diagnosis. Blood pressure measurements should only be interpreted by a health care professional who is familiar with your medical history.
2. If you are taking medication, consult with your physician to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your physician.
3. Blood pressure can vary based on many factors, including age, gender, weight and physical condition. In general, a person's blood pressure is lower during sleep and higher when he or she is active. Blood pressure can change easily in response to physiological changes. The setting in which a person's blood pressure is measured can also affect the results.

Having one's blood pressure measured by a healthcare professional in a hospital or clinic can cause nervousness and may result in a temporarily elevated reading. Because blood pressure measurements taken in a clinical setting can vary considerably from those taken at home, a person's blood pressure should be measured not only occasionally in the doctor's office, but also on a regular basis at home. Also, if you find that your blood pressure is lower at home, this is not unusual. To accurately compare with your physician's reading, take your Panasonic blood pressure monitor to your doctor's office and compare readings in this setting.

4. People suffering from cardiac arrhythmia, vascular constriction, liver disorders or diabetes, people with cardiac pacemakers or a weak pulse, and women who are pregnant should consult their physician before measuring their blood pressure themselves. Different values may be obtained due to their condition.
5. Try to take your blood pressure measurements at the same time and under the same conditions every day.
  - The ideal time to measure your blood pressure (to obtain your so-called "base blood pressure") is in the morning just after waking up, before having breakfast and before

any major activity or exercise. If this is not possible, however, try to take measurements at a specified time prior to breakfast, and before you have become active. You should relax for about 5 minutes before taking the measurement.

The following situations may cause substantial variations in blood pressure readings and should therefore be avoided at least 30 minutes prior to taking your blood pressure. Blood pressure will be higher than usual:

- when you are excited or tense
  - when you are taking a bath
  - during exercising or soon after exercising
  - when it is cold
  - within one hour after eating
  - after drinking coffee, tea or other beverages containing caffeine
  - after smoking tobacco
  - when your bladder is full
  - when in a moving vehicle
- Blood pressure will be lower than usual:
- after taking a bath
  - after drinking alcohol

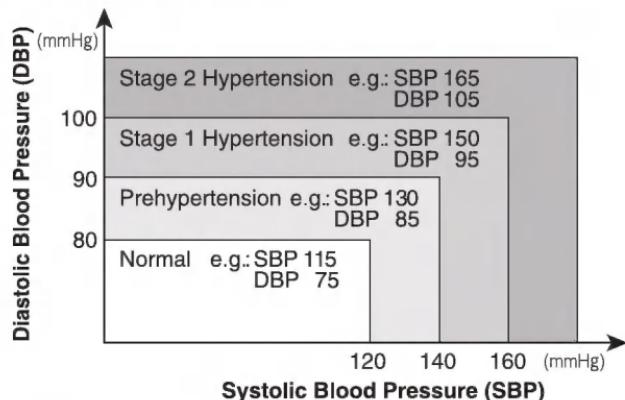
6. Measurements may be impaired if this unit is used near a television, microwave oven, X-ray equipment or other devices with strong electrical fields. To prevent such interference, use the unit at a sufficient distance from such devices or turn the devices off.
7. This unit is designed for use by adults. Consult with your physician before using this unit on a child. Do not use on neonatal, infants and children.
8. This unit is not suitable for continuous monitoring during medical emergencies or operations.
9. Do not use the unit for any purpose other than measuring blood pressure. Do not use the unit together with other devices.
10. Improper handling of batteries may result in battery rupture or in corrosion from battery leakage. Please observe the following to ensure proper use of batteries.
  - a. Be sure to turn off the power after use.
  - b. Do not mix different types or sizes of batteries.
  - c. Change all batteries at the same time. Do not mix old and new batteries.
  - d. Be sure to insert batteries with correct polarity, as instructed.
  - e. Remove batteries when they are worn out, and dispose of them properly according to all applicable environmental regulations.
  - f. Do not disassemble batteries or throw them into a fire.
  - g. Do not short-circuit batteries.
  - h. Do not attempt to recharge the batteries included with the unit.
11. Caution: Use only accessories that are recommended for your model. Substitution may result in measurement error.

## I Precautions to Ensure Safe, Reliable Operation

1. Do not drop the unit. Protect it from sudden jars or shocks.
2. Do not insert foreign objects into any openings.
3. Do not attempt to disassemble the unit.
4. If the unit has been stored at temperatures below 32 °F (0 °C), leave it in a warm place for about 15 minutes before using it. Otherwise, the cuff may not inflate properly.
5. Do not store the unit in direct sunlight, high humidity or dust.
6. When cleaning, unplug the AC adapter from the AC outlet before cleaning. Also, do not plug in or unplug the AC adapter with wet hands.  
Doing so may result in electric shock or fire.
7. Do not spill water on the main unit or AC adapter. Doing so may cause electric shock, short-circuiting, or product damage.
8. Do not use the AC adapter if it is damaged or if it plugs into the AC outlet loosely. Doing so may result in electric shock, overheating or short-circuiting.
9. If the product does not operate properly or seems strange, stop use and unplug the AC adapter immediately, and request inspection and service. Failure to do so could result in the risk of an accident, electric shock, or fire.
10. When using the AC adapter, make sure it is fully inserted into the AC outlet. Failure to do so could result in electric shock, overheating or short-circuiting.
11. When the product is not in use, unplug the AC adapter from the AC outlet.
12. When unplugging the AC adapter, do not pull on the cord. Always grasp the AC adapter body and unplug it. Failure to do so could result in the risk of electric shock, short-circuiting, or fire.
13. Do not insert any object in the AC adapter or allow debris to collect on it. Doing so could result in the risk of electric shock, short-circuiting, or fire.
14. Do not scratch, damage, modify, forcibly bend, pull, or twist the AC adapter cord. In addition, do not place heavy objects on top of the cord or pinch it with objects. Do not wrap the cord around the main unit and the AC adapter. Doing any of these things may result in the risk of fire or electric shock.
15. Do not step on the AC adapter. Doing so may cause an accident or injury.
16. Do not use a voltage converter. Doing so may cause fire or electric shock.
17. This AC adapter EW-2B02 is designed for use only with Panasonic Blood Pressure Monitor, model EW-BU04. Use with other electrical devices may result in death or serious personal injury.
18. ALWAYS unplug the AC adapter from the power outlet before performing maintenance.
19. Do not let this product to be used by children.
20. Do not let this product to be used by people who cannot express their feelings, or who cannot operate the product by themselves. Do not use the unit on an arm where a catheter has been inserted. Such use may result in an accident or injury.
21. Use AC adapter only with electrical outlet of voltages marked on name plate. For use in the U.S.A., use AC adapter only with AC 120 V electrical outlet. Use with electrical outlets at other voltages may result in the risk of fire, electric shock, or burns.
22. Do not allow any material to drape over the AC adapter. Doing so could result in the risk of fire.
23. Do not modify or attempt to repair the product or AC adapter by yourself.  
Doing so could result in the risk of fire, electric shock, or personal injury.

# Easily Check Your Blood Pressure Readings Against the JNC 7\* Classification

## Blood Pressure Categories



If the two blood pressure measurements (systolic, diastolic) fall into separate categories, your level is classified in the higher of the two categories. For example, a Stage 2 systolic reading, but a diastolic pressure reading in the normal range.

\*JNC 7: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure National Institute of Health (NIH) Publication; No. 03-5233, May 2003

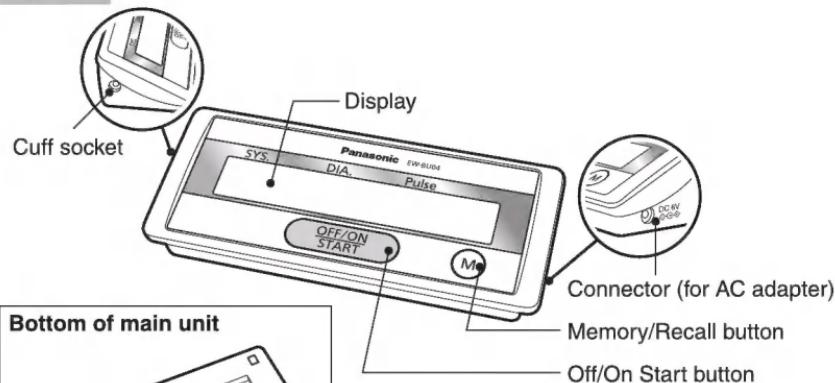
### **IMPORTANT:**

- Do not be alarmed by temporarily high or low readings because fluctuations in a person's blood pressure are not uncommon. If possible, measure and record your blood pressure at the same time every day, and consult your physician if you have questions or concerns.
- If abnormal variations in blood pressure are observed in measurement, please consult your physician.

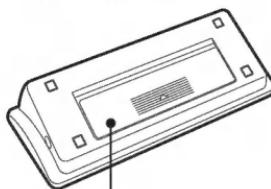
# I Parts Identification

Please check the instrument.

## Main unit



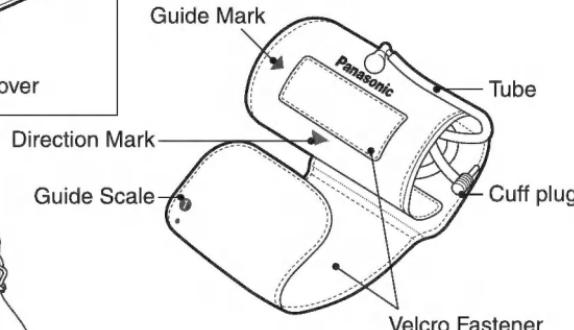
## Bottom of main unit



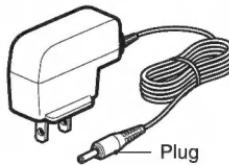
## Storage pouch



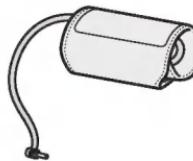
## Cuff



## AC adapter EW-2B02 (optional)



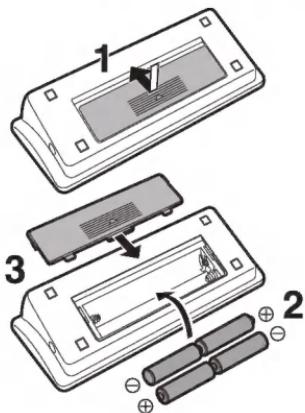
## Large cuff EW3901 [13-3/4" to 17-1/4" (35 cm to 44 cm)] (optional)



\*Specifications of the product or parts may be changed without prior notice.

# I Inserting Batteries

\* Always use AAA-size LR03 alkaline batteries.



1. Turn the main unit over and remove the battery cover by sliding it in the direction of the arrow while pressing lightly on .
2. Check the polarities of the batteries and install them correctly.
3. Replace the battery cover and slide it closed.

## CAUTION:

- Always follow the cautions printed on the batteries.
- Remove the batteries if the appliance will not be used for a long time or the batteries are exhausted.
- Batteries should be used before their expiration date to prevent injury, heat, bursting or leakage.

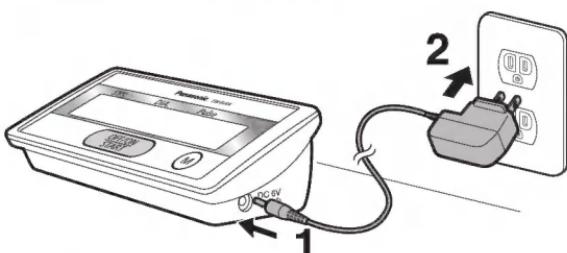
## Replace batteries when:



- The mark appears during use.
- All displays are lit for a moment after the Off/On Start button is pressed and then the display goes blank.
- No display appears even if the Off/On Start button is pressed.

- Approximately 300 measurements (3 times per day for approximately 3 months) with fresh Panasonic alkaline batteries. [Measurement conditions: Room temperature 73 °F (23 °C); Pressurized to 170 mmHg; Upper arm circumference: 11-3/4" (30 cm)]
- When batteries other than Panasonic alkaline batteries are used, battery life may be shorter. When manganese batteries or other alkaline batteries are used, battery life becomes as short as 1/6th the life of Panasonic alkaline batteries.
- Be sure to replace batteries once a year to prevent battery leakage.
- Always use four fresh alkaline batteries of the same type from the same manufacturer.
- Battery life may become shorter when room temperature is low.

# II When Using the AC Adapter



1. Insert the AC adapter plug into the connector on the right side of the main unit.
2. Plug the AC adapter fully into the AC outlet.

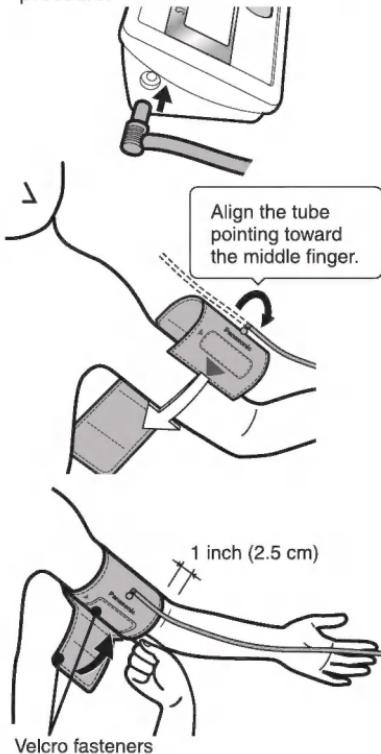
## CAUTION:

Be sure to use only the exclusive AC adapter (EW-2B02, sold separately).

# I Positioning the Cuff and Your Arm

The cuff can be used on either upper arm. This section shows an example of wrapping the cuff on the left arm.

- The difference in blood pressure between left and right arm may be around 10 mmHg. Be sure to always use the same arm. It is recommended to use the arm with the higher blood pressure.



## 1. Insert the plug into the socket all the way in.

## 2. Fit the cuff to the upper arm.

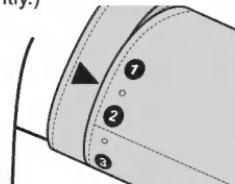
- Fit the preformed cuff onto your upper arm with the direction mark at the inner side.
- Wrap the cuff on bare skin.

## 3. Wrap the cuff.

- Align the tube pointing toward the middle finger.
- Align the rotating part of the tube to the line extended from the middle finger.
- Set apart 1 inch (2.5 cm) from the elbow joint.
- Wrap the cuff with a gap of 1 or 2 fingers. Be careful that the cuff is not too tight.
- Press the velcro fastener down well to fasten the cuff.

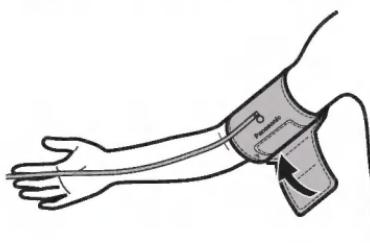
### Points when wrapping

Be sure to always wrap on the same position by using the guide.  
(If your weight/arm circumference did not change significantly.)



The cuff can be used on either upper arm.

<Example for wrapping on the right arm.>



**4. Rest your elbow on a table while relaxing.**

**5. Position your arm so that the cuff is at the same height  
as your heart and your palm is facing upward.**



**Use the same upper arm at the same time every day.**

• Take measurements in the morning immediately after you wake up, when there is no urge to urinate. If this is difficult, take measurements before breakfast and before you have moved a lot.

- Always sit quietly for approximately 4 to 5 minutes before taking measurements.
- Relax your body, arm and fingers and do not move their muscles.
- Do not touch the main body or the tube when taking measurements.

**CAUTION:**

Keep away from cellular phones and other sources of electromagnetic radiation to prevent malfunctioning.

**Accurate measurements cannot be taken:**

- Within 1 hour of eating or drinking alcohol
  - Immediately after drinking coffee or tea, smoking, exercising or taking a bath
  - In a moving vehicle
  - In cold places
- Take measurements at ambient temperatures of 50 °F to 104 °F (10 °C to 40 °C).
- When you need to urinate
- Wait several minutes after urinating before taking measurements.

# Taking a Reading

## Measurement

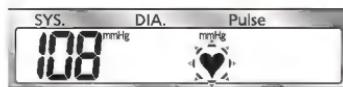


### 1. Press the Off/On Start button.

- The cuff will automatically pressurize and a measurement will be taken.



The entire display will light for approximately 1 second.



The heart mark will blink when a pulse is detected.

Changes in pressurization speed and operating sounds are normal during pressurization.

### 2. When measurement has been completed, the blood pressure value and pulse rate will be displayed.

- Pressure will be automatically released from the cuff.
- The M mark will blink. (For storing measurement values, see page 13.)
- The pulse rate value is the beats per minute calculated based on the pulse rate during measurement.



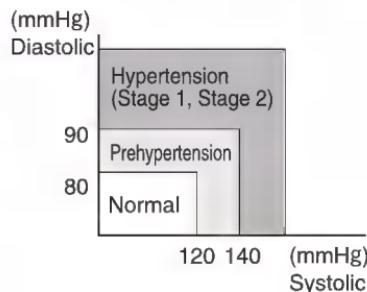
### 3. Press the Off/On Start button to switch off the power.

- The power will switch off automatically after approximately 5 minutes.

## Reading the blood pressure display

If the measured values fall within the hypertension range, the reading displayed on screen flashes on and off to alert user.

According to JNC 7 Classification, values consistently in excess of 140 mmHg (Sys.) and/or 90 mmHg (Dia.) are considered to constitute high blood pressure.



- Blood pressure readings will flash for approx. 6 seconds when in the high blood pressure range.

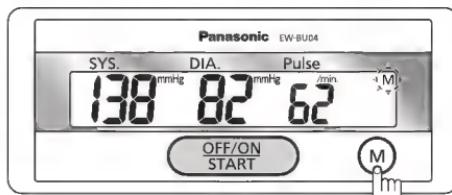
Systolic blood pressure: 140 mmHg and over

Diastolic blood pressure: 90 mmHg and over

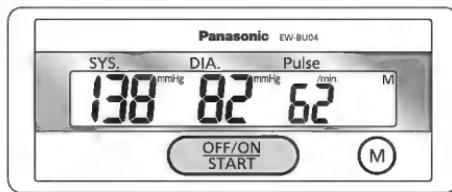
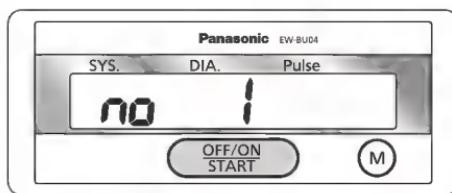
(Only when measurement is complete)

# I Storing Measurement Values

Press the Memory/Recall button while the M mark is blinking to store the measurement.



- Up to 90 measurement values can be stored. If you store an additional value when the memory is full, the oldest value is deleted and the new value is stored.



- After the memory number has been displayed for 2 seconds, the stored value will be displayed.



Press the Off/On Start button to switch off the power.

- The power will switch off automatically after approximately 5 minutes.

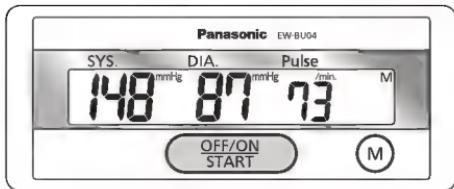
# I Recalling Stored Measurement Values

Measurements can be recalled after measurement is completed or after the power has been switched off.



## 1. Press the Memory/Recall button.

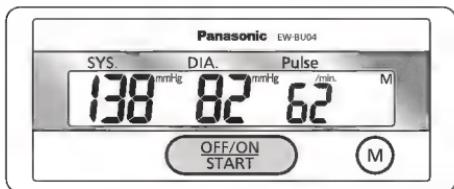
- After the memory number has been displayed for 2 seconds, the latest record will be displayed.



## 2. To display previous data, press the Memory/Recall button again.

- Each time you press the Memory/Recall button readings will be displayed, starting with the next most recent readings.

Do not press the Memory/Recall button for approximately 3 seconds or longer as all data in memory will be erased.



## 3. Press the Off/On Start button to cancel measurement value recall.

- The power will switch off automatically after approximately 30 seconds.

### To erase all measured values stored in memory:

- (1) Press the Memory/Recall button to recall stored measurement values.
- (2) Press the Memory/Recall button again and hold it pressed until the measurement values disappear (approximately 3 seconds or more).  
\*It is not possible to erase single measurement values.
- (3) The M mark and -- will be shown when all data is deleted.

## I About Each Mark

To perform a correct measurement, this unit provides a movement detection function and an irregular pulse warning function. When the marks appear, the correct measurement might not have been obtained. If any mark appears, it is recommended to repeat the measurement. Stay calm and relax for four to five minutes, before performing a new measurement.

\* The “” and “” mark will be recorded together with the measurement value.

### Movement detection function



The movement detection function is to indicate, with , extra pressure on the cuff caused by movements of the arm during the measurement. When movement is detected and the measurement is completed, the mark is displayed after flashing for approx. 6 seconds.



If the movements exceed acceptable levels, no reliable measurement can be performed and the error message “U 12” will be displayed.

### Irregular pulse warning function



If the pulse rate varies by more than  $\pm 25\%$  from the average while a measurement is being taken,  will be displayed when the measurement is completed. The mark is displayed after flashing for approx. 6 seconds.

If the  mark is displayed an irregular pulse rate is detected, which is not necessarily caused by arrhythmia.

- Don't try to interpret readings or attempt to treat any condition yourself. Always follow the guidance of a health professional.
- However if this mark continues to display, consult your physician.

### Advice:

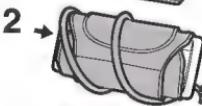
In general, blood pressure measurements are lower for the second measurement because you are less nervous and are more tranquil. For people who easily get tense, measuring twice each time is very effective. It is recommended to store all values when performing two measurements or more. When taking two measurements, always stay quiet for 4 to 5 minutes after the first measurement before taking the second measurement.

## I After Use

### Storage



1. Unplug the plug.



2. Roll the cuff loosely around the main body.



3. Place in the storage pouch.

- Q Why are the blood pressure values measured at home different from those measured at the doctor's office?**
- A** Blood pressure varies 24 hours a day. It can also change depending on the weather, your mental state, exercise, etc.
- In a doctor's office:** The blood pressure measured may be higher because of stress or worry.
- At home:** If the blood pressure measured is sometimes higher or lower than the measurement at the doctor's office, check the following.
- 1 Is the cuff wrapped firmly?
  - 2 Make sure that the cuff is not wrapped too loosely or too tightly.  
Is the cuff wrapped around the upper arm? Make sure it is not partly covering the elbow.  
For how to wrap the cuff correctly, refer to page 9.
  - 3 Do you feel worried or irritated?  
Before taking measurements, take 2 or 3 deep breaths and relax to stabilize blood pressure. In addition, it is recommended that you sit quietly for about 4 to 5 minutes before taking measurements.
- Q Why are measured blood pressure values different each time I take a measurement?**
- A** 1 Blood pressure changes even within a single day, and it is different depending on the measurement posture. Because of this, when taking measurements, be sure to always take measurements under the same conditions.
- 2 Blood pressure may change greatly due to the effects of medication you may be taking.
- 3 When taking 2 measurements in succession, be sure to stay quiet for 4 to 5 minutes before taking the next measurement.
- Q The  mark does not light when an arm is moved.**
- A** The  mark is a function to notify you that your arm is bent or to indicate extra loads on the cuff.  
Therefore, it may not indicate motion (bending an arm slightly, etc.).  
If you are concerned about the result, retry the measurement.

**Q Since the  mark was displayed, I retried the measurement by setting my arm in the proper position. But the indicated value is still higher than usual.**

**A** The  mark is just a guide for the proper measurement method.

If you correct your posture when the  mark is displayed but the measured value is still higher or lower than usual, retry the measurement.

The following causes are suspected.

- Did you measure properly (in proper posture)?  
Measure as indicated on pages 9–10.
- Measured immediately after smoking.
- Measured when irritated or emotional.
- Measured in cold environments.
- For persons who have a physical constitution with less fluctuation in the pulse rate.
- If you are concerned about the results, retry the measurement after staying quiet for 4 to 5 minutes.

**Q When should I measure my blood pressure?**

**A** We recommend three measurements a day.

First ..... Upon Waking (Because, with almost no influence from body movement, the blood pressure is closest to that at night.)

Second ... Before Lunch (Because, with no influence from the meal, it provides blood pressure values close to the highest of the day.)

Third ..... At Bedtime (So as to obtain data close to your average blood pressure values during the day.)

This way, by taking measurements morning, noon and night, you can use the unit to learn the patterns of and monitor your blood pressure.

**Q Why are the measured values different for the left and right arm?**

**A** The difference in blood pressure values between the left and right arms may be around 10 mmHg. The blood pressure can be measured in either the left or right arm, but all measurements should be taken using the same arm.

## I Caring for the Appliance

Please do not attempt to disassemble, repair or modify the appliance as it may cause fire, injury of the appliance to malfunction.

Do not fold the cuff back against itself.

Always use the cuff on your upper arm and nowhere else.

Either or these actions may cause the appliance to malfunction.

Do not use excessive force on the appliance or drop it.

Measurements may be impaired if the appliance is used close to televisions, microwave ovens, X-ray equipment or other appliances with strong electrical fields.

The cuff may lose some of its elasticity at temperatures below 32 °F (0 °C). If the appliance is exposed to such extreme temperatures, it is a good idea to leave it until it warms up to room temperature before taking the next measurement. The appliance should not be exposed to extreme conditions (cold, heat, humidity, dust).

Do not allow dust or other foreign objects to enter the appliance as this may cause it to malfunction.

### Cleaning the appliance

- Do not use anything other than a cloth with warm water and a little soapy to wipe the appliance.
- Do not use thinner, benzine, or alcohol on the appliance as this may cause discoloration and cracks.
- Cuff can not be washed.

### Storage

- Avoid exposing the appliance to high temperatures, high humidity and direct sunlight as this can cause the appliance to malfunction.

### Long-term storage

- Remove the batteries before storing the appliance for long periods of time. Failure to do so may result in the batteries leaking which may cause the appliance to malfunction.

# Troubleshooting

| Display  | Status before error  | Cause and solution  |
|--|--|---|
|  | The indication disappears in the middle of the operation. (The mark  is displayed.) | Batteries are exhausted. (See page 8.)  |
|  | Your arm or body moved.  | Has the unit detected movement? (See page 15.)  |
|  | Pressurization to more than 280 mmHg was performed. (Cuff pressurizes several times.)  | Were measurements taken according to the proper procedure and in the correct posture? (See page 10.)    |
|  | Pressure decreased suddenly.   |   |
|  | Cuff does not inflate.   | • Is the cuff wrapped properly?<br>• Is the cuff plug inserted correctly into the socket? (See page 9.) |
|  | The measurement is not possible though the cuff inflates.  |   |
|  | Cuff pressurizes several times.  |   |
|  | Failure of the main unit   | Take it to the store where it was purchased for testing and repairs.                                    |

| Symptom  | Possible cause   |
|--|--|
| Systolic or diastolic blood pressure value is high or low. | • Position of cuff is high or low.<br>• Cuff is not wrapped correctly.<br>• You moved or talked while measurements were being taken. (See pages 9–10.) |
| Blood pressure value is abnormally high or low.            | • Posture is different for each measurement. (See pages 9–10.)   |
| Value is different from that measured by the doctor.       | • Blood pressure varies in response to minute changes in your mental state, such as your reaction to a doctor's presence.                              |
| Measurement values are different with each measurement.    | • Sit quietly for 4 to 5 minutes and then take another measurement. (See page 10.)   |

If problem continues, ask your doctor for advice.

| Symptom  | Possible cause  |
|--|---|
| No display appears even when the Off/On Start button is pressed.                     | • Batteries are exhausted.<br>• Batteries are inserted with the polarities wrong. (See page 8.) |
| When the Off/On Start button was pressed, all the displays lit and then disappeared. |   |

## Troubleshooting (continued)

| Symptom   | Possible cause  |
|---|---|
| The  mark flashes when readings are being taken.              | <ul style="list-style-type: none"><li>There was a significant fluctuation in pulse when readings were being taken. (See page 15.)</li></ul>   |
| The  mark flashes when readings are being taken.             | <ul style="list-style-type: none"><li>Your arm or body moved or the buttons are pressed during the measurement. (See page 15.)</li></ul>  |
| The  mark flashes even though I did not move my arm or body. | <ul style="list-style-type: none"><li>In some cases this will be displayed when you have tensed the muscles in your hand. Relax the muscles in your hand and take the reading again. (See page 15.)</li></ul> |
| Appliance is broken.  | <ul style="list-style-type: none"><li>Take it to the store.</li></ul>   |

If the unit still appears to provide unusual or erroneous readings, consult your physician. If the unit does not appear to be functioning properly, contact Panasonic at 1-800-338-0552.

## Specifications

|                                      |  |
|--------------------------------------|--|
| Power source                         | DC 6 V (4 AAA/LR03 size alkaline batteries)<br>AC 120 V 60 Hz (when using AC adapter)  |
| Display                              | Digital LCD  |
| Method of measurement                | Oscillometric system   |
| Measurement range                    | Pressure: 0 mmHg to 280 mmHg<br>Pulse rate: 30 to 160 beats per minute   |
| Accuracy                             | Pressure: Within $\pm 3$ mmHg<br>Pulse rate: Within $\pm 5$ %  |
| Operation temperature/humidity range | 50 °F to 104 °F (10 °C to 40 °C), 15 % to 90 % RH  |
| Storage temperature/humidity range   | -4 °F to 140 °F (-20 °C to 60 °C), 10 % to 95 % RH   |
| Measurable arm circumference         | Approx. 7-3/4" to 15" (20 cm to 38 cm)   |
| Weight                               | Approx. 7.4 oz. (211 g) (not including batteries)  |
| Dimensions                           | 1-3/4" x 6-1/2" x 2-3/4" (4.5 cm x 16.4 cm x 6.8 cm)   |
| Protection against electric shock    | Internally powered equipment, Type BF applied part  |

The blood pressure monitor might not perform specifications if stored or used outside the specified temperature and humidity ranges.

## I Explanation of Rating Plate Symbols

|   |   |
|---|---|
|   | Read the operating instructions carefully before use.                           |
|   | Protection against electric shock Type BF applied part (Blood pressure monitor) |
|   | Protection against electric shock Class II equipment (AC adapter)               |
| ~ | AC  |
| = | DC  |

## I FCC Statement

### Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: To assure continued compliance, install and use in accordance with provided instructions. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

### Product Information for FCC

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.